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Resolution adopted by the General Assembly on 11 December 2014

[*without reference to a Main Committee (A/69/L.17 and Add.1)*]

69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that yoga provides a holistic approach to health and well-being,

Recognizing also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June the International Day of Yoga;

2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga;

3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;

4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

69th plenary meeting
11 December 2014

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